












Summer Food Service Program Meal Patterns

MEALS		AGES		
BREAKFAST		1 and 2	3 through 5	6 through 18
	FLUID MILK	½ cup	¾ cup	1 cup
	JUICE OR FRUIT OR VEGETABLE	¼ cup	½ cup	½ cup
	GRAINS/BREADS *			
	Bread; whole grain, bran, germ or enriched	½ slice	½ slice	1 slice
	Or cold dry cereal; whole grain, bran, germ, enriched or fortified	¼ cup (or 1/3 oz.)	1/3 cup or (½ oz.)	¾ cup (or 1 oz.)
	Or cooked cereal, rice, macaroni and noodle products	¼ cup (or ½ oz.)	¼ cup (or ½ oz.)	½ cup (or .09 oz.)

LUNCH/SUPPER

	FLUID MILK	½ cup	¾ cup	1 cup
	MEAT/MEAT ALTERNATE			
	Meat or poultry or fish	1 ounce	1 ½ ounces	2 ounces
	Or cheese	1 ounce	1 ½ ounces	2 ounces
	Or cottage cheese, cheese food, or cheese spread	2 ounces (¼ cup)	3 ounces (3/8 cup)	4 ounces (½ cup)
	Or egg	1	1	1
	Or cooked dry beans or peas	¼ cup	3/8 cup	½ cup
	Or peanut butter, soybean butter, or nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
	Or peanuts, soybeans, tree nuts, or seeds	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%
	Or yogurt, plain or flavored, unsweetened or sweetened	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup
	Or an equivalent quantity of any combination of the above Meat/Meat Alternates			
	VEGETABLES /FRUITS (2 or more in at least 2 separate servings)	¼ cup total	½ cup total	¾ cup total
	GRAINS/BREADS *	½ slice	½ slice	1 slice

SNACK Select two of the following four components **

	FLUID MILK	½ cup	½ cup	1 cup
	JUICE OR FRUIT OR VEGETABLE	½ cup	½ cup	¾ cup
	MEAT/MEAT ALTERNATE (see under Lunch)	½ ounce (or equivalent)	½ ounce (or equivalent)	1 ounce (or equivalent)
	GRAINS/BREADS *	½ slice	½ slice	1 slice

* A variety of grain-based foods are acceptable in meeting the requirements for the Grains/Breads meal component. Refer to the back of this sheet for specific food items and amounts.

** For snack, juice may not be served when milk is served as the only other component.

GRAINS/BREADS ALTERNATIVES ¹

Group A	Minimum Serving Size
Bread-type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz. Three-quarter serving = 15 gm. or 0.5 oz. One-half serving = 10 gm or 0.4 oz. One-quarter serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size
Bagels Batter-type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hotdog) Crackers (graham crackers – all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	1 serving = 25 gm or .9 oz. Three-quarter serving = 19 gm. or 0.7 oz. One-half serving = 13 gm or 0.5 oz. One-quarter serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Size
Cookies ² (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ² , fruit turnovers ³ , and meat/meat alternate pies) Waffles	1 serving = 31 gm or 1.1 oz. Three-quarter serving = 23 gm or 0.8 oz. One-half serving = 16 gm or 0.6 oz. One-quarter serving = 8 gm. or 0.3 oz.
Group D	Minimum Serving Size
Doughnuts (cake and yeast raised, unfrosted) Granola bars (plain) Muffins (all, except corn) Sweet roll (unfrosted) Toaster pastry (unfrosted)	1 serving = 50 gm or 1.8 oz. Three-quarter serving = 38 gm or 1.3 oz. One-half serving = 25 gm or 0.9 oz. One-quarter serving = 13 gm or 0.5 oz.

Group E	Minimum Serving Size
Cookies ² (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts ³ (cake and yeast raised, frosted or glazed) French toast Grain fruit bars ³ Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls ³ (frosted) Toaster pastry (frosted)	1 serving = 63 gm or 2.2 oz. Three-quarter serving = 47 gm. or 1.7 oz. One-half serving = 31 gm or 1.1 oz. One-quarter serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size
Cake ² (plain, unfrosted) Coffee cake ³	1 serving = 75 gm or 2.7 oz. Three-quarter serving = 56 gm. or 2 oz. One-half serving = 38 gm or 1.3 oz. One-quarter serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size
Brownies ² (plain) Cake ² (all varieties, frosted)	1 serving = 115 gm or 4 oz. Three-quarter serving = 86 gm. or 3 oz. One-half serving = 58 gm or 2 oz. One-quarter serving = 29 gm or 1 oz.
Group H	Minimum Serving Size
Barley Breakfast cereals (cooked) ⁴ Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = ½ cup cooked (or 25 gm dry)
Group I	Minimum Serving Size
Ready-to-eat breakfast cereal (cold, dry) ⁴	1 serving = ¾ cup or 1 oz., whichever is less

¹ Some of these foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed only for snacks served under the SFSP.

³ Allowed for snacks and breakfasts served under the SFSP.

⁴ *Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast*